

Support method and apparatus for providing a secure and stable method for a user/patient to transfer a body part, such as a foot, into and out of a bed independently, and thus enhance in-bed mobility. The support for the body part is by a rest member having an associated expandable member. The rest member is a platform configured to the body part being supported, and the expandable member is a bellows adhered to the platform and expandable by a compressor. In the method a body part is positioned on the rest member, which is expanded with the body part thereon.